

## IN THE CLAIMS

Claims 1-21 previously withdrawn.

22. (Currently amended) A procedure for increasing nutrient-bio-availability of vital substances in a human or an animal, including the steps of:

providing a granulate comprising:

a first hormone wherein the first hormone is somatotropin human growth hormone embedded is incorporated in the interstitial space between hydrated linear polysaccharide molecules comprising in of a galactomannan and/or a glucomannan wherein said somatotropin is mixed with the galactomannan and/or a glucomannan before granulation:

at least one nutritional additive selected from the group consisting of herbal extracts, water-soluble vitamins, fat-soluble vitamins, amino acids, fatty acids, minerals, and hormones; and,

~~at least one antioxidant selected from the group consisting of mixed carotenoids, co-enzyme Q10, lycopenes, lutein, zeaxanthin, bioflavonoids, germanium, selenium, zinc, vitamin A, vitamin C, vitamin E, alpha-Lipoic, grape sperm-seed phytosome, extract from green tea and extract from pine bark, wherein the nutritional additive and the antioxidant are is embedded in a botanical matrix of a polysaccharide, such that the said somatotropin, and the nutritional additive and the antioxidant in the granulate do not interact with one another; and~~

administering the granulate to a human or to an animal such that the granulate swells in a digest system of a human or an animal slowly releasing a nutritiously active quantity of said somatotropin, the nutritional additive and the antioxidant for absorption by the human or animal digestive system.

Claims 23-43 previously withdrawn.

44. (currently amended) The procedure of claim ~~42~~22, wherein said ~~antioxidant-nutritional additive~~ additive is co-enzyme Q10.

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45. (New) The procedure of claim 22, wherein said first granule does not include a hydrophobic material.